



New Hampshire Health Alert Network Health.Alert@nh.gov

Status: Actual
Message Type: Alert
Severity: Moderate
Sensitive: Not Sensitive
Message Identifier: HAN #20110721
Delivery Time: 12 hours
Acknowledgement: No
Originating Agency: NH Department of Health and Human Services, Division of Public Health Services

DATE: July 21, 2011

TIME: 11:00 EDT

TO: Physicians, Infection Control Practitioners, Infectious Disease Specialists, Community Health Centers, Hospital Emergency Departments, NHHA, Manchester Health Department, MMRS, MRC, EMS, Community Mental Health Centers, Health Officers, Deputy Health Officers, Corrections, Daycare Providers, Home Care Providers, Long-Term Care Facilities, Nashua Health Department, Public Health Network, DHHS Outbreak Team, DPHS Investigation Team, DPHS Management Team

FROM: Sharon Alroy-Preis, MD, MPH, NH State Epidemiologist

SUBJECT: Heat Advisory

New Hampshire Department of Health and Human Services (NH DHHS) recommends:

- Keep cool by staying in an air-conditioned environment whenever possible
- Drink plenty of fluids, but avoid drinks with alcohol, caffeine or large amounts of sugar
- Limit outdoor activity and rest frequently
- Wear loose, lightweight, light-colored clothing
- Check on neighbors, especially the elderly or sick, who may need help responding to the heat
- Awareness that cooling stations are being opened today, call 2-1-1 for an up-to-date listing.

Background

The National Weather Service has issued a Heat Advisory today for southern New Hampshire with severe heat in the 90's that is expected to affect New Hampshire over the next three days. Heat-related illnesses and deaths are preventable, yet over the past 30 years more people have died in the US from heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. It is important to prevent heat-related problems and to recognize the signs of heat illness early.

All New Hampshire residents should take some simple measures to prevent heat-related illness. High temperatures often contribute to poor air quality, and DES has issued an air quality action day today as well for predicted levels of air pollution. These conditions disproportionately affect people with lung or heart conditions and other vulnerable populations, specifically:

- Older persons (65 years old and older)
- Infants and young children
- Pregnant women
- People with mental illness or who are under the influence of drugs or alcohol
- Those with chronic diseases such as asthma, heart conditions, diabetes, obesity, and high blood pressure
- People with mobility restrictions

- People engaged in rigorous outdoor work or exercise
- People without access to air conditioning or fans
- Homeless persons
- People who are socially isolated
- Non-English speaking people who may not have access to current information

Information about cooling station availability will be continuously updated on 2-1-1.

For any questions regarding the contents of this message, please contact NH DHHS Infectious Disease Investigation and Surveillance Sections at 603-271-4496 (after hours 1-800-852-3345 ext.5300).

Attachments: 1) Table of heat related illness manifestations and management
 2) List of Resources for Excessive Heat
 3) Fact Sheet on Excessive Heat

DEFINITION OF TERMS AND ALERTING VOCABULARY

Message Type

Alert:	Indicates an original alert
Update:	Indicates prior alert has been updated and superseded
Cancel:	Indicates prior alert has been cancelled
Error:	Indicates prior alert has been retracted

Status

Actual:	Communication or alert refers to a live event
Exercise:	Designated recipients must respond to the communication or alert
Test:	Communication or alert is related to a technical, system test and should be disregarded

Severity

Extreme:	Extraordinary threat to life or property
Severe:	Significant threat to life or property
Moderate:	Possible threat to life or property
Minor:	Minimal threat to life or property
Unknown:	Unknown threat to life or property

Sensitive

Sensitive:	Indicates the alert contains sensitive content
Not Sensitive:	Indicates non-sensitive content

Message Identifier: A unique alert identifier that is generated upon alert activation.

Delivery Time: Indicates the timeframe for delivery of the alert.

Acknowledgement: Indicates whether an acknowledgement on the part of the recipient is required to confirm that the alert was received, and the timeframe in which a response is required.

Originating Agency: A guaranteed unique identifier for the agency originating the alert.

Alerting Program: The program sending the alert or engaging in alerts and communications using PHIN Communication and Alerting (PCA) as a vehicle for their delivery.

You have received this message based upon the information contained within our emergency notification database.

If you have a different or additional e-mail or fax address that you would prefer to be used please contact:

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